

Item No. 17.	Classification: Open	Date: 31 January 2017	Meeting Name: Health and Wellbeing Board
Report title:		Annual Report of the Director of Public Health	
Wards or groups affected:		All	
From:		Jin Lim, Acting Director of Public Health	

RECOMMENDATIONS

1. The Board is requested:
 - a) To receive the 2016 Annual Report of the Director of Public Health (Appendix 1).
 - b) To note the health of Southwark's population summarised pages 9 -10.
 - c) To note the summary recommendations on page 6 and executive summary pages 7 – 8.
 - d) To note the update on the recommendations in the previous APhR pages 62 – 64.

BACKGROUND INFORMATION

2. There is a statutory requirement for the Director of Public Health to report on the health of Southwark's population.
3. The Annual Report of the Director of Public Health (APHR) identifies the major issues affecting the health of the population, identifies what's happening currently and what more can be done. This year's report covers 4 areas:
 - *Our children and families*: early years; young people
 - *Our Borough*: healthier high streets; housing and homelessness; air quality; active borough; healthy workplaces
 - *Staying healthy*: sexual health; healthy weight; tobacco control; alcohol; drugs; mental health
 - *Higher quality services*: child immunizations, cancer screening; flu vaccinations

EXECUTIVE SUMMARY

4. Demography & high level indicators
 - Southwark's population today exceeds 300,000 people in a highly diverse borough characterised by deprivation, affluence and rapid change; over the next ten years Southwark is estimated to grow by 12% in population terms.
 - While life expectancy has advanced over recent years, life expectancy for men remains below the national average; yet these statistics mask

significant inequalities meaning that those from more disadvantaged backgrounds continue to face high levels of premature ill health.

5. Early years

- The proportion of children eligible for free school meals has fallen since 2012, however child poverty in Southwark remains high.
- Southwark has good levels of school readiness.
- Many children are classified as overweight or obese and work is taking place to implement the recently published healthy weight strategy.

6. Young people and risky behaviours

- Young people are generally healthy, although too many are of unhealthy weight and risky behaviours during adolescence can impact on physical and mental health.
- Young people have lower rates of smoking and substance misuse compared to the national average, yet rates of sexually transmitted infections are high and are continuing to increase.

7. Healthy high streets

- Good town planning, housing and regeneration are needed to support residents in leading healthy, happier and more active lives.
- All major Council policies should consider health improvement.
- Regulation is a vital public health lever for developing healthier high streets and shared urban spaces, with evidence from public health demonstrating how alcohol licensing in Southwark has played a nuanced role in developing the urban environment.

8. Housing and homelessness

- Poor housing harms mental and physical health, impairs childhood development, and undermines neighbourhood cohesion and wellbeing.
- Good quality housing, housing management, and advisory services prevent and reduce health inequalities throughout the life-course.
- Quality affordable housing, and plans to increase employment, together with provision of primary care, mental health, substance misuse and offender support services, will all help to reduce homelessness.

9. Air quality

- Poor air quality exacerbates chronic obstructive pulmonary disease and asthma and is responsible for an estimated 113 deaths per annum in Southwark.
- Most of the borough has been declared an Air Quality Management Area and the Council's proposal to the London Mayor to extend the Ultra Low Emission Zone to the whole of the borough will improve health and wellbeing.
- A new Air Quality Action Plan (AQAP) will be established for Southwark in 2017, strengthening existing work to reduce emissions from vehicles, buildings and new developments in the Borough.

10. An active borough

- Physical inactivity is the fourth-leading risk factor for global mortality worldwide and at least 308 premature deaths in Southwark can be associated with inactivity.
- Surveys suggest that Southwark teenagers in particular are less likely to be physically active, with one in four adults deemed physically inactive; and activity levels are decreasing.

11. Healthy workplaces

- Investing in workplace health reduces levels of sickness absence and increases productivity.
- Employers need to focus on health-damaging aspects of the workplace, such as sedentary behaviour.
- Approaches to workplace health and wellbeing need to be comprehensive and strategic, and based on evidence of what works.

12. Sexual health

- Southwark remains in the top five areas for sexually transmitted infection (excluding chlamydia diagnoses) in 15 to 24 year olds nationally.
- Young people, black and minority ethnic communities and men who have sex with men are most likely to have poorer sexual health.
- There are high levels of risky sexual behaviour in Southwark shown by high rates of gonorrhoea and syphilis and a high level of repeat infections amongst men.
- Reducing late HIV diagnosis is a key priority as 90% of HIV deaths are amongst people diagnosed late.

13. Healthy weight

- Obesity continues to be a complex challenge faced by many people in our communities with childhood obesity levels consistently higher than regional and national averages.
- A new healthy weight strategy 'Everybody's Business', launched in 2016, has committed the Council to reducing the levels of childhood obesity over the next five years.
- Tackling the obesogenic environment is key: to make healthy choices easy choices.

14. Tobacco

- Smoking is not a lifestyle choice but a chronic addiction usually started in childhood or adolescence.
- Southwark has a new tobacco strategy 'Breaking the Chain' which sets a new vision and approach to tobacco control and smoking cessation.
- Smoking cessation services need to be more targeted to specific groups.

15. Alcohol

- Investing in alcohol interventions is cost-saving in health terms, let alone the benefits to the wider economy and society as a whole.
- A better understanding is needed of the various populations affected by alcohol and a new health needs assessment is currently underway.
- Making Every Contact Count through the use of Identification and Brief Advice (IBA) in primary care, hospitals and social care can reduce the damage of alcohol.

16. Substance misuse

- Substance misuse affects some of the most vulnerable in our society, alongside some who are highly resilient.
- We need to better understand the scale of substance misuse in the area, and also understand better how our services are performing in treatment terms.
- A new health needs assessment will guide effective action against drugs and substance misuse among specific population groups.

17. Mental health

- Mental health problems are driven by a wide range of other factors and can themselves cause problems such as unemployment, homelessness and substance misuse.
- The burden of mental health problems in Southwark is higher than the London or England average: some 3,800 adults in Southwark suffer from severe mental illness.
- Southwark Council is working with NHS partners to develop a pan-agency approach to wellbeing and mental health, and in 2017 will be forming a new suicide prevention group.

18. Childhood immunisations

- Immunisation is the safest and most effective way of protecting individuals and communities from vaccine preventable diseases.
- A recent London-wide outbreak of measles has been associated with non-immunised children and adults.
- Increasing the uptake of routine childhood immunisations is a priority for public health.

19. Cancer screening

- Early diagnosis of cancer through screening results in better outcomes and increased survival rate.
- Uptake of bowel cancer screening can be improved by contacting patients who previously did not return their test.
- Bowel scope screening will be introduced in Lambeth and Southwark next year.

20. Flu vaccinations

- Flu immunisation is one of the most effective interventions to reduce harm from flu and flu-related hospital admissions in winter.
- Immunisation of primary school children is being extended to Primary School Year 3 in 2016/17.
- Frontline health and social care staff are being encouraged to voluntarily receive an annual flu vaccination.

21. Diabetes prevention

- Diabetes is preventable and its onset can be delayed.
- There need to be close linkages between diabetes prevention, the Obesity Strategy and the Physical Activity Strategy.
- Longer term outcomes (e.g. diabetes mortality, long term complications, prevalence) need monitoring: cardiovascular disease remains a highly prevalent group of conditions within Southwark.

22. Health Checks

- The number of NHS Health Checks completed in Southwark is increasing every year and we are on a trajectory to meet the national target of 75%.
- The detection of impaired glucose intolerance (prediabetes) and diabetes is increasing.
- Lifestyle changes, statin prescribing and treatment of newly diagnosed hypertension should be prioritised to reduce cardiovascular disease in the population at risk.

Community impact statement

23. The APHR makes recommendations to improve the health of the population and to reduce health inequalities. It highlights where some communities and individuals have poorer health and are less likely to access or make use of the services offered and provides recommendations to tackle these inequalities.

Financial implications

24. There are no specific financial implications contained within this report. In taking forward key recommendations, where there are implications for other local strategies and action plans, the detail will be worked up by the relevant strategic and commissioning partnerships and follow appropriate decision making processes.

BACKGROUND PAPERS

Background papers	Held at	Contact
Previous Annual Public Health Reports	Public Health	publichealth@southwark.gov.uk Public Health 020 7525 0280
Southwark Health & Wellbeing Strategy 2015/20	Southwark Council Website	publichealth@southwark.gov.uk Public Health 020 7525 0280
Link: http://www.southwark.gov.uk/downloads/download/3570/southwark_health_and_wellbeing_strategy_2015-2020		

APPENDICES

No.	Title
Appendix 1	Annual Report of the Director of Public Health 2016 (circulated separately)
Appendix 2	Data annex (circulated separately)

AUDIT TRAIL

Lead Officer	Jin Lim, Acting Director of Public Health		
Report Author	Jin Lim, Acting Director of Public Health		
Version	Final		
Dated	19 January 2017		
Key Decision?	No		
CONSULTATION WITH OTHER OFFICERS / DIRECTORATES / CABINET MEMBER			
	Officer Title	Comments Sought	Comments Included
	Director of Law and Democracy	No	No
	Strategic Director of Finance and Governance	No	No
	Cabinet Member	No	No
	Date final report sent to Constitutional Team		19 January 2017